



# Bala Vihar

Bala Vihar is a children's educational program offered at the Hindu Vedic Society, that exposes children to the Hindu culture, spiritual tenets, values and traditions, all in the American context. These ideas are conveyed through stories and parables, hands-on activities, art projects, field trips, and small group discussions. It uses these to connect with traditions, and underscore values central to good citizenship and stewardship at the family level, the community, the nation and the world.

Bala Vihar meets weekly, Sundays 10:20-12:00, with different level classes for students from kindergarten to Grade 8. High school students meet about twice a month to read and discuss the Bhagavad Gita.

- **Shlokas and bhajans**
- **Mahabharata, Ramayana, Gita**
- **Yoga, Play**
- **Art projects**
- **Historical context**
- **Learn with a peer group**
- **... and much more**

Scan for details



<https://hinduvedic.org/about-bala-vihar>

**Fall semester begins Sunday August 14**

**Registration begins Sunday August 7**

**Both events 10:30-12:00 noon,  
at the Hindu Vedic Society**

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